

BRIEFING CARD: BIG FLYING FOX

Aim: Overcome fears while having fun.

Rules:

- Staff instruction & demonstration must be given before use
- A minimum of 2 supervisors is needed at all times
- Ensure loop on return rope is off before person gets in the chair
- Ensure return rope is safely out of the way
- Person to sit in chair and fasten safety chain in front of them
- Legs must be held straight in front when ready to go
- Permission to launch from bottom operator required
- To release the chair, lift release hook handle, but do **NOT** let it go
- Operator at the bottom end to help rider out of chair, hook the loop of the return rope to the back of the chair and call for runner
- To return flying fox to the top, the runner pulls rope down the slope until told to stop (ie: when release hook is attached)
- When the chair is returned, the release hook is attached again (like a tick ✓), and the return rope is taken off
- Riders must return to the queue via the gate & zig-zag path provided
- All persons must be kept clear of the flying fox's line of travel
- Riders with long hair must tie it up
- Children under the age of eight are not to ride this flying fox
- The flying fox must be locked to the tree if a supervisor is not present
- Supervisors must supervise no longer than 4 hours per day on the flying fox & then hand over to another supervisor to avoid fatigue.

Extras: There is a 75kg weight limit on the flying fox

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BRIEFING CARD: BOULDERING WALL

Aim: The bouldering wall is designed to develop climbing skills, strength and confidence, as well as an understanding of the physical capabilities of the climber. To complete the wall, a good deal of thought and route planning is needed. Positive team dynamics can also be built by teaching the children to encourage one another.

Rules:

- Mats must be placed around the wall before use
- Each climber must have an active spotter*
- Only two climbers can be on the wall at any one time
- Spotters and climbers should be wearing shoes or bare feet. No socks!

*An active spotter is someone who is watching the climber at all times, with their hands and eyes up, ready to break their fall – the aim is not to catch, but stop the climber falling awkwardly if they are to slip

Extras: Small group activities can be used to develop trust and spotting skills before the wall is used. Encourage members of the group to verbally support each other when trying the bouldering wall. This can help both the climber and the encourager by getting them to think about different moves and holds that could be used.

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BRIEFING CARD: CONFIDENCE COURSE

Aim: To complete the entire course safely and successfully.

Teamwork should also be incorporated, teaching group members to encourage one another.

Rules:

- Each activity should be completed by the whole team before moving on to the next one.
- One at a time attempting each skill.
- The fireman's pole requires a degree of physical strength so supervisors and participants should ensure they will be able to achieve this by holding themselves off the ground on the test pole for 5 seconds before attempting the large pole.
- Not to be used when raining and under discretion when wet.
- Not to be used as a race.
- No more than 5 people to be on the tower at one time.

Extras: Supervisors need to be competent, this means able to do all the activities, able to demonstrate techniques for each activity, able to assist those in difficulty and able to control behaviour of participants.

The activities are numbered, indicating the recommended order (see over page for description of each component)

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BRIEFING CARD: FISHING (off Wharf)

Aim: To catch fish and learn about marine life.

Rules:

- Fishing is to be done on the seaward side of the wharf.
- Bait may be purchased from camp, or mussels from wharf may be used. (NB: These mussels are not fit for human consumption)
- Shoes must be worn.
- No running on the wharf.
- Knives to be kept on the bait board at all times and cutting of bait closely supervised.
- All spare hooks to be in tackle boxes or tins, not lying on the wharf.
- Do not remove any ropes from the wharf.
- Boats are out of bounds, and children must not sit on the wharf right next to a boat.
- Bait should be removed from all hooks when finished

Extras: Kiwi Ranch is a catch and release fishing zone only – please put everything back.

Fishing is a good opportunity in which to talk to and get to know individual children in your group. It is also a good opportunity to teach children about marine life, and caring for the environment.

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Updated Nov 2016

BRIEFING CARD: GAMES ROOM

Aim: To have fun.

Rules:

- Children must be supervised by an adult
- Food and drinks may not be taken into the games room
- Shoes must be taken off at the door
- The games must be played sensibly, as they were designed to be played. Balls are not to be thrown and bats & cues are not for hitting!

Extras: This activity can be used as a wet- weather activity. It also provides a good setting to build relationships with team members while playing games with them.

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Updated Nov 2016

BRIEFING CARD: JETTY JUMPING

Aim: To have fun!

Rules:

- A supervisor to child ratio of 1:4 is required at all times
- Supervisors need to be competent swimmers
- Supervisors must be watching children at all times. NO READING.
- Jetty Jumping must only be done on the seaward side of the wharf
- Area must be clear before next jumper enters the water
- Swimmers are not to swim under the wharf or near any boats, ropes, or fishing lines.
- Swimmers must exit the water if harmful wildlife are encountered (eg: pink jellyfish, stingrays, etc)
- Go no further than 10m from the wharf
- A rescue device is to always be on hand.

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BRIEFING CARD: KAYAKS

Aim: To develop confidence on the water, learn paddling skills and gain an understanding of general water skills.

Rules:

- There must be at least 1 supervisor in a kayak for every 6 children on/in the water, and all supervisors must be ready to get in the water to rescue a child
- Life jackets must be worn by all persons on the water, and each child must have their life jacket fitting checked by an adult.
- Kayaks are not to be used in strong southerly conditions, as kayakers can be blown out to sea. Check wind sock – if pointing out to sea, kayakers must come in.
- Launching the kayaks must be done on the sandy strip
- KAYAKS ARE TO BE CARRIED BY TWO PEOPLE, NOT DRAGGED
- Paddles are not to be used for splashing
- Kayaks are not to go near or under the wharf, or near other boats
- No ramming the kayaks
- Kayaks must only come ashore on the sandy strip in front of kayak container shed
- Boundary is a line between the wharf and closest land on the right. Kayakers must not go outside the bay, or out of supervisor's audible range at all times.
- All gear must be hung tidily in the container at end of activity
- A rescue device is always to be on hand

Extras: To add extra interest, games such as “Raft Up” can be played when all children are confident in using the kayaks.

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BRIEFING CARD: MT KAHIKATEA

Aim: To give children the experience of having ‘conquered’ a mountain. To enjoy the New Zealand bush and the amazing views on a clear day from the top of Mt. Kahikatea.

Rules:

- Keep to the marked track
- Ensure all walkers are in groups and regular checks are made to ensure all are present
- Be environmentally friendly- do not disturb plant or animal life unnecessarily
- Bring all rubbish back to camp- including food scraps
- Advise camp staff of any obstacles or maintenance required on the track
- Check with the camp staff re suitability of climb each day
- Gear should be checked to ensure everyone has suitable attire for all conditions.
- Radios should be collected from the kitchen before setting out for keeping contact with camp staff

Extras: Some children will be faster than others, and will want to race ahead, while other may struggle. Remembering to allow time for the slower children to rest will make the climb less daunting for them, and can teach patience and consideration to the faster children. The children will also be tempted to run on the way down, but this could cause injury.

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BRIEFING CARD: POINT WALK

Aim: To explore part of the bay, to enjoy the bush and the beach at the point.

Rules:

- Walkers must respect private property and keep to the track
- Ensure all walkers are in groups and regular checks are made to ensure everyone is present
- Be environmentally friendly- do not disturb animal or plant life unnecessarily
- Bring all rubbish back to camp
- Check that gates are shut behind you
- Advise camp staff of any obstacles or maintenance required on the track

Extras: The beach at the end of the walk is not accessible at high tide: check with camp staff for tide times. At low tide, it is possible to walk back around the rocks.

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BRIEFING CARD: SWIMMING

Aim: To have fun!

Rules:

- A supervisor to child ratio of 1:4 is required at all times
- Supervisors need to be competent swimmers
- Supervisors must be watching children at all times. NO READING.
- Swimmers must stay in the designated area between the wharf and the land
- In strong winds swimming can become unsafe and children need to get out of the water
- Swimmers are not to swim under the wharf or near any boats, ropes, or fishing lines.
- Supervisor is to assess the level of swimmers confidence and consequently set & enforce the swimming parameters.
Eg **7-10 years** – not confident – no deeper than their waist
15-25 years extremely capable – no further than the end of the wharf & swim in pairs.
- A rescue device is to always be on hand.

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